

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Lysine (g)

Food Subset: Abridged List  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: June 17, 2016 03:21 EDT

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	3.979
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	3.571
01035	Cheese, provolone	132.0	1.0 cup, diced	3.493
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	3.436
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	3.417
01040	Cheese, swiss	132.0	1.0 cup, diced	3.412
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.298
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	3.020
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	3.020
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	2.949
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.915
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.878
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	2.877
01030	Cheese, muenster	132.0	1.0 cup, diced	2.823
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.796
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	2.776
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	2.761
15005	Fish, bluefish, raw	150.0	1.0 fillet	2.760
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	2.713
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	2.664
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.658
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.642
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak ( yield from 134.9 g raw meat )	2.639
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.446
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	2.439
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.413
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	2.382
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	2.380

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	2.322
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	2.234
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.230
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	2.213
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	2.211
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.209
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	2.209
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.206
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	2.205
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	2.202
01032	Cheese, parmesan, grated	100.0	1.0 cup	2.201
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.193
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	2.179
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.176
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.171
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	2.148
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	2.146
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.145
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	2.136
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.123
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	2.110
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.100
15261	Fish, tilapia, raw	116.0	1.0 fillet	2.100
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.097
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.093
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.087
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.079
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	2.071
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	2.067
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.067
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.065
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	2.061
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	2.051

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.050
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	2.047
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	2.044
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.040
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	2.037
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.035
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	2.031
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	2.028
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.025
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	2.015
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.011
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.009
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	2.005
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.002
11450	Soybeans, green, raw	256.0	1.0 cup	1.984
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	1.982
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	1.976
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.972
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.951
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	1.940
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.933
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	1.927
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	1.922
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	1.918
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.902
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.901
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.891
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	1.891

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.889
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	1.883
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.870
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.860
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	1.851
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.846
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	1.843
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	1.839
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	1.837
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.832
01019	Cheese, feta	150.0	1.0 cup, crumbled	1.829
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.825
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1.824
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.789
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	1.777
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	1.767
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.754
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	1.752
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.747
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.734
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1.733
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.731
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.730
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.718
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.697
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.683
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	1.678
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	1.675
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	1.659
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	1.659
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.649
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.638
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.636
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.628

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	1.624
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	1.623
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.614
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.607
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	1.598
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	1.589
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.589
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.575
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	1.553
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	1.544
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.524
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	1.517
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	1.512
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.510
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	1.505
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.498
01115	Whey, sweet, dried	145.0	1.0 cup	1.494
05152	Guinea hen, meat only, raw	85.0	3.0 oz	1.491
15033	Fish, haddock, raw	85.0	3.0 oz	1.476
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	1.475
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	1.471
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	1.471
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.440
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	1.427
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.425
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	1.414
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.408
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.398
15013	Fish, cisco, raw	79.0	1.0 fillet	1.378
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	1.366
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	1.365
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	1.355
01009	Cheese, cheddar	132.0	1.0 cup, diced	1.353
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.347
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	1.334

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	1.332
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	1.330
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	1.306
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	1.280
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	1.259
01109	Milk, sheep, fluid	245.0	1.0 cup	1.257
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	1.241
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	1.183
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	1.132
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.114
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	1.113
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	1.112
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	1.107
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	1.081
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	1.055
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1.041
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	1.040
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	1.024
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	1.013
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.996
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.992
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.985
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.971
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.949
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.949
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.947
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.924
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.917
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.913
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.896
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.893
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.885
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.860
07939	Frankfurter, pork	76.0	1.0 link	0.853
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.853
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.839

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.833
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.828
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.823
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.816
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.811
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.801
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.798
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.794
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.790
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.777
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.772
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.770
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.770
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.768
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.765
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.765
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.754
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.749
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.741
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.736
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.734
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.728
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.721
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.677
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.674
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.662
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.662
01057	Eggnog	254.0	1.0 cup	0.653
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.650
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.648
07911	Liverwurst spread	55.0	0.25 cup	0.635
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.634
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.625
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.618
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.611
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.608

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.607
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.604
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.596
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.586
20130	Barley flour or meal	148.0	1.0 cup	0.579
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.570
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.561
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.529
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.526
07926	Salami, Italian, pork	28.0	1.0 oz	0.526
01004	Cheese, blue	28.35	1.0 oz	0.525
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.522
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.521
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.517
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.515
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.514
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.513
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.512
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.512
07921	Bacon and beef sticks	28.0	1.0 oz	0.511
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.507
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.506
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.506
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.503
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.501
01007	Cheese, camembert	28.35	1.0 oz	0.501
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.497
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.495
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.483
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.480
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.478
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.477
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.473



NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.472
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.470
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.469
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.468
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.461
11304	Peas, green, raw	145.0	1.0 cup	0.460
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.457
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.456
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.456
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.455
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.454
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.452
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.450
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.447
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.446
20314	Corn grain, white	166.0	1.0 cup	0.440
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.440
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.439
20090	Rice flour, brown	158.0	1.0 cup	0.436
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.430
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.430
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.430
15014	Fish, cisco, smoked	28.35	1.0 oz	0.426
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.426
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.418
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.415
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.413
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.410
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.408
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.403
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.391
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.386
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.374

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.373
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.372
11215	Garlic, raw	136.0	1.0 cup	0.371
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.363
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.360
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.358
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.356
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.353
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.345
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.344
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.333
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.331
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.324
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.317
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.316
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.315
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.309
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.307
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.305
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.302
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.301
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.300
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.293
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.291
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.290
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.287
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.285
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.285
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.281
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.278
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.275
20143	Teff, cooked	252.0	1.0 cup	0.275
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.274
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.274
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.271

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.271
01124	Egg, white, raw, fresh	33.0	1.0 large	0.266
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.261
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.258
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.256
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.255
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.252
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.252
07971	Bologna, meat and poultry	33.0	1.0 slice	0.251
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.250
01031	Cheese, neufchatel	28.35	1.0 oz	0.248
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.244
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.244
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.242
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.240
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.226
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.226
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.222
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.220
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.220
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.219
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.217
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.214
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.211
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.210
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.207
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.206
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.202
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.198
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.193
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.191
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.190
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.189
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.179
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.177
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.173

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.170
01070	Dessert topping, powdered	43.0	1.5 oz	0.169
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.167
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.165
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.163
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.163
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.163
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.162
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.160
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.158
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.158
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.157
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.157
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.155
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.153
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.153
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.152
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.151
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.151
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.150
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.149
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.149
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.145
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.144
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.143
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.143
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.136
11098	Brussels sprouts, raw	88.0	1.0 cup	0.136
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.136
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.135
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.133
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.132
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.131
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.130
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.130
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.129

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11124	Carrots, raw	128.0	1.0 cup chopped	0.129
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.125
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.124
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.124
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.123
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.122
18245	Danish pastry, cheese	28.35	1.0 oz	0.122
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.122
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.120
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.120
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.119
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.119
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.115
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.115
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.113
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.113
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.113
09205	Oranges, raw, with peel	170.0	1.0 cup	0.112
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.110
20134	Rice noodles, cooked	176.0	1.0 cup	0.109
09176	Mangos, raw	165.0	1.0 cup pieces	0.109
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.108
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.108
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.108
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.107
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.105
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.105
18241	Croissants, cheese	28.35	1.0 oz	0.105
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.105
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.104
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.104
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.104
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.104
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.102
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.102
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.102

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.102
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.101
11965	Cauliflower, green, raw	64.0	1.0 cup	0.101
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.100
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.098
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.097
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.097
18224	Crackers, rusk toast	14.2	0.5 oz	0.097
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.096
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.095
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.095
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.095
18239	Croissants, butter	28.35	1.0 oz	0.093
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.093
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.093
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.093
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.090
18240	Croissants, apple	28.35	1.0 oz	0.090
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.090
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.090
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.089
09277	Plantains, raw	148.0	1.0 cup, sliced	0.089
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.087
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.086
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.085
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.085
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.085
18037	Bread, oat bran	28.35	1.0 oz	0.084
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.084
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.084
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.084
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.083
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.083
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.082
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.082
01017	Cheese, cream	14.5	1.0 tbsp	0.082

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.082
09059	Breadfruit, raw	220.0	1.0 cup	0.081
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.081
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.081
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.081
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.080
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.080
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.080
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.079
11080	Beets, raw	136.0	1.0 cup	0.079
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.079
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.079
09164	Litchis, raw	190.0	1.0 cup	0.078
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.076
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.075
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.075
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.075
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.074
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.074
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.073
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.073
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.073
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.073
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.073
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.072
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.072
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.071
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.071
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.070
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.070
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.069
18025	Bread, cracked-wheat	28.35	1.0 oz	0.069
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.069
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.068
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.068
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.067

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.067
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.067
18066	Bread, wheat bran	28.35	1.0 oz	0.067
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.066
18060	Bread, rye	28.35	1.0 oz	0.066
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.066
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.066
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.065
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.065
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.065
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.063
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.063
11282	Onions, raw	160.0	1.0 cup, chopped	0.062
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.062
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.062
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.062
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.061
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.061
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.061
18214	Crackers, cheese, regular	14.2	0.5 oz	0.059
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.057
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.056
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.056
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.056
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.055
01072	Dessert topping, pressurized	70.0	1.0 cup	0.055
18177	Cookies, molasses	28.35	1.0 oz	0.055
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.055
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.054
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.052
11457	Spinach, raw	30.0	1.0 cup	0.052
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.052
18236	Cracker meal	28.35	1.0 oz	0.051
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.050
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.050
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.050



NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.049
18243	Croutons, seasoned	14.2	0.5 oz	0.049
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.049
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.048
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.048
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.048
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.048
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.047
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.046
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.044
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.044
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.044
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.044
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.042
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.042
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.042
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.041
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.041
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.041
18170	Cookies, fig bars	28.35	1.0 oz	0.040
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.040
18242	Croutons, plain	14.2	0.5 oz	0.039
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.039
09160	Lime juice, raw	242.0	1.0 cup	0.039
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.039
11429	Radishes, raw	116.0	1.0 cup slices	0.038
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.038
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.038
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.037
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.037
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.037
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.037
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.036
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.036
21416	POPEYES, Coleslaw	120.0	1.0 package	0.036
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.035

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.035
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.035
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.034
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.034
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.034
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.034
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.034
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.033
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.031
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.031
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.031
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.030
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.030
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.029
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.029
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.028
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.027
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.027
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.027
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.026
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.026
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.025
11086	Beet greens, raw	38.0	1.0 cup	0.024
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.024
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.024
09252	Pears, raw	140.0	1.0 cup, slices	0.024
02005	Spices, caraway seed	2.1	1.0 tsp	0.022
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.021
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.021
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.019
11151	Chicory, witloof, raw	53.0	1.0 head	0.019
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.018
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.018
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.018
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.016
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.016

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11213	Endive, raw	25.0	0.5 cup, chopped	0.016
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.014
02015	Spices, curry powder	2.0	1.0 tsp	0.014
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.013
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.012
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.012
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.011
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.010
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.010
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.010
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.009
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.007
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.006
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.005
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.005
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.005
02021	Spices, ginger, ground	1.8	1.0 tsp	0.004
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.004
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.003
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.003
09173	Longans, dried	1.7	1.0 fruit	0.003
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.003
02045	Dill weed, fresh	1.0	5.0 sprigs	0.002
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.002
11447	Sesbania flower, raw	3.0	1.0 flower	0.002
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.002
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.002
11216	Ginger root, raw	2.0	1.0 tsp	0.001
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.001
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.001
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000